

Abstract of the Disclosure

Ingestable products for lowering blood total cholesterol, including isoflavone, vegetable protein such as soy protein and phytosterol. The combination of phytosterol with soy protein (which includes isoflavone) is superior to the individual components alone in improving plasma lipid profiles. Preferably the products are food products. The invention is also a method for lowering plasma cholesterol in animals, preferably humans, by feeding compositions having plasma cholesterol-lowering, synergistically effective amounts of isoflavone, soy protein and phytosterol.